

**Training Schedule**  
**Children's Wear (462)**  
**(Theory -30 hrs, Practical - 90 hrs)**

Session	Lesson	Theory (1 ½ hour)	Practical (3½ Hours)	Self study /Assignment	Learning outcomes
Day 1	1. Market profile of children wear	<ul style="list-style-type: none"> <li>• 1.3 Selection of clothes</li> <li>• 1.3.1 Factors to be considered</li> <li>• 1.4 Care and maintenance</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 1.1, 1.2</li> <li>Discussion on the following factors:               <ul style="list-style-type: none"> <li>○ Fabric</li> <li>○ Design</li> <li>○ Colour, texture prints</li> <li>○ Trims and decoration style</li> <li>○ Allowance for growth</li> <li>○ Fit and finish</li> <li>○ Price/cost</li> </ul> </li> <li>• Care and maintenance of children cloths.</li> </ul>	<ul style="list-style-type: none"> <li>• In text Question 1.1</li> <li>• Small group discussion with family and friends on the following factors:               <ul style="list-style-type: none"> <li>○ Fabric</li> <li>○ Design</li> <li>○ Colour, texture prints</li> <li>○ Trims and decoration style</li> <li>○ Allowance for growth</li> <li>○ Fit and finish</li> <li>○ Price/cost</li> <li>○ Care and maintenance of children cloths.</li> </ul> </li> <li>• Write a report on the outcomes of the discussions in the practical files.</li> </ul>	<ul style="list-style-type: none"> <li>• Enumerates the factors that affect the choice of garments for children.</li> <li>• Adds specific design features.</li> <li>• Ensures allowances for growth.</li> <li>• Chooses clothes that are easy to care and comfortable to wear.</li> </ul>
Day 2	1. Market profile of children wear	1.5 Buying Quality garments 1.6 Understanding sizes 1.7 Market survey	<ul style="list-style-type: none"> <li>• Activity 1.3, 1.4</li> <li>• Prepares charts of standard measurement and sizes for infants, toddler preschool and school going children.</li> <li>• Designed a checklist to help assess children clothes available in the market with reference to branded store, local store and weekly bazaar.</li> </ul>	<ul style="list-style-type: none"> <li>• In text Question 1.2, 1.3</li> <li>• Undertake a market survey to study the children's garments available at branded stores, local stores and weekly bazaar, using the checklist designed in the class.</li> <li>• Write a report on your observation</li> <li>• Terminal question 1.9</li> </ul>	<ul style="list-style-type: none"> <li>• Understands sizes grouped as infants toddlers, preschooler and school going children's</li> <li>• Successfully undertakes market survey to assess available garments for children in local</li> </ul>

					stores, branded stores and weekly bazaars.
Day 3	L-2 Selecting fabrics and trims for children's wear	2.3 Introduction to fibres and fabrics <ul style="list-style-type: none"> <li>Classification of textile fibres</li> </ul> 2.4 Fabric finishes for colour and variety 2.4.1 Fibre to fabric 2.5 Selection of fabric for children's garments 2.6 Fabric care	<ul style="list-style-type: none"> <li>Visit to a weaving and finishing textile unit to study <ul style="list-style-type: none"> <li>Types of fibres.</li> <li>Manufacturing process of different fibres.</li> <li>Fabric finishes for colour and variety.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>In text Questions 2.1</li> <li>Small group discussion with family and friends on qualities to be kept in mind while choosing fabrics for children's wear.</li> <li>Collects samples of fabrics and trims suitable for children's wear paste the sample in the practical file and write the reason for your choice against each.</li> </ul>	<ul style="list-style-type: none"> <li>Classifies fibres as animal, plant, mineral and synthetic fibres.</li> <li>Selects fabrics for children's wear according to season, age, activity and sex.</li> <li>Observes the correct procedure of handling and taking care of different types of fibres.</li> </ul>
Day 4	L-2 Selecting fabrics and trims for children's wear	2.7 important fabric Qualities 2.8 Feel or textures of fabrics 2.9 Trims <ul style="list-style-type: none"> <li>Types of trims</li> <li>Choosing appropriate trims for children's</li> </ul> 2.10 Market Survey	<ul style="list-style-type: none"> <li>Activity 2.1, 2.2</li> <li>Group discussion on closing garment for children with reference to ; <ul style="list-style-type: none"> <li>Fabric quality</li> <li>Types of trims</li> </ul> </li> <li>Pre-preparation for conducting a market survey including preparation of a check list for points to be kept in mind while conducting the survey</li> </ul>	<ul style="list-style-type: none"> <li>In text Question 2.2</li> <li>Terminal questions 2.12</li> <li>Undertake a market survey to study the following : <ul style="list-style-type: none"> <li>Availability of appropriate fabric for children's</li> <li>Availability of appropriate trims for children's write a report on your observations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Selects fabric for children's wear with reference to appropriate texture and feel.</li> <li>Selects appropriate trims for children's wear.</li> <li>Successfully conducts market survey.</li> </ul>

Day 5	L. 3 Handling of Fabrics and Safety Precautions	<p>3.3 Safety features in children’s wear.</p> <p>3.4 Choosing safe and comfortable clothes.</p> <p>3.5 Basics of designing clothes for safety.</p> <p>3.6 Handling of different fabrics.</p> <p>3.6.1 Choosing sewing threads.</p> <p>3.6.2 Selecting of sewing needles and threads.</p> <p>3.7 Handling of special fabrics.</p> <p>3.8 Some important precautions.</p>	<p>Activity 3.1, 3.2, 3.3</p> <p>Discussion on following:</p> <ul style="list-style-type: none"> <li>○ Safety features in children wear.</li> <li>○ Choosing safe and comfortable clothes.</li> <li>○ Basics of designing clothes for safety.</li> <li>○ Handling of different fabrics.</li> <li>○ Choosing and selecting of sewing needles and threads.</li> <li>○ Handling of special fabrics.</li> <li>○ Precautions.</li> </ul>	<p>In text Question 3.1, 3.2, 3.3</p> <p>Terminal questions 3.9</p> <p>Small group discussion with friends on :</p> <ul style="list-style-type: none"> <li>○ Safety features in children wear</li> <li>○ Choosing safe and comfortable clothes</li> <li>○ Basics of designing cloths for safety</li> <li>○ Handling of different fabrics</li> <li>○ Choosing and selecting of sewing needles and threads</li> </ul> <p>Write report on the outcome of the discussion in the practical file.</p>	<ul style="list-style-type: none"> <li>● Selects clothes which are safe and comfortable for children.</li> <li>● Designs safe and comfortable clothes for children.</li> <li>● Safely handles different and special fabrics for children.</li> <li>● Chooses appropriate sewing threads and needles.</li> <li>● Observes prescribed precautions while selecting and designing clothes for children.</li> </ul>
Day 6	L-4 Developmental milestones and measurements	<p>4.3 Developmental milestones</p> <p>4.4 Choosing clothes in relation to activities at different ages.</p> <p>4.4.1 influence of physical development in clothing</p> <p>4.5 Designing clothes for different age groups</p> <p>4.5.1 Easy dressing</p> <p>4.5.2 growth features</p>	<ul style="list-style-type: none"> <li>● Activity 4.1</li> <li>● Making of following charts; <ul style="list-style-type: none"> <li>○ Classification of children’s according to age group</li> <li>○ Pattern of growth in height and weight in early childhood.</li> <li>○ Choosing clothes in relation to activities at different ages.</li> <li>○ Expected growth</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● In text Question 4.1, 4.2</li> <li>● Small group discussion with neighborhood on</li> <li>● Self help features</li> <li>● Growth features for differently abled.</li> </ul>	<ul style="list-style-type: none"> <li>● Designs clothes according to growth, self help and activities at different age groups</li> <li>● Chooses garments in relation to activities at different age groups.</li> </ul>

		4.5.3 Self help features for young children's and for differently abled children.	<p>related activities at different age.</p> <ul style="list-style-type: none"> <li>• Stitching of garments for <ul style="list-style-type: none"> <li>○ Easy dressing features</li> <li>○ Growth features</li> </ul> </li> </ul>		
Day 7	L-4 Developmental milestones and measurements	<p>4.6 Taking body measurements</p> <p>4.6.1 Body landmarks</p> <p>4.6.2 Taking measurements</p> <p>4.7 Using standard measurement charts</p> <p>4.8 Standard length measurement charts</p> <p>4.9 Precautions in taking measurements</p>	<ul style="list-style-type: none"> <li>• Activity 4.2, 4.3, 4.4</li> <li>• Demonstration and practice of <ul style="list-style-type: none"> <li>○ Identifying body landmarks</li> <li>○ Taking body measurements</li> <li>○ Using standard measurements charts</li> </ul> </li> </ul>	<p>4.11 Terminal Questions</p> <p>4.3 Intext Question</p> <ul style="list-style-type: none"> <li>• Continues practice of <ul style="list-style-type: none"> <li>○ Identifying body landmarks.</li> <li>○ Taking body measurements</li> <li>○ Using standard measurements charts.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Identifies the body landmarks for taking measurements</li> <li>• Accurately takes different measurements for children's garments</li> <li>• Observes prescribed precautions while taking measurements</li> <li>• Uses standard measurement charts for fabrication of children's garments</li> </ul>
Day 8	L-5 Drafting of Basic Slopers	<p>5.3 Meaning and need for drafting</p> <p>5.4 Basic drafting tools</p> <p>5.5 Understanding abbreviations and symbols used for drafting</p> <p>5.6 Kinds of patterns</p>	<p>Activity 5.1</p> <ul style="list-style-type: none"> <li>• Identification and practice of correct handling of basic drafting tools.</li> <li>• Make a chart showing different abbreviation and symbols in drafting</li> <li>• Group discussion on</li> </ul>	<p>Intex Questions 5.1, 5.2</p> <ul style="list-style-type: none"> <li>• Undertake a market survey to study the different brands and cost of drafting tools available in the market</li> <li>• Assemble a drafting tools kit for self.</li> <li>• Practice of drafting and</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies and correctly uses the different drafting tools</li> <li>• Drafts and cuts a skirt block.</li> <li>• Appreciates the importance of paper patterns in</li> </ul>

		5.7 Importance of paper pattern 5.8 Pattern and adaptation 5.12 Drafting and cutting of skirt block. - Precautions in drafting	importance of paper pattern, pattern and adaptation. • Drafting and cutting of skirt block	cutting of skirt block	adaptation • Observes prescribed precautions during drafting.
Day 9	L-5 Drafting of Basic Slopers	5.9 Types of basic blocks 5.10 Drafting and cutting of bodice block. 5.11 Drafting and cutting of sleeve block	Activity 5.2 • Demonstrate and practice of drafting and cutting of: ○ Basic bodice block ○ Basic sleeve block	5.15 Terminal Questions • Continue practice of drafting and cutting of ○ Basic bodice block ○ Basic sleeve block	• Drafts and cuts Basic bodice block • Drafts and cuts Basic sleeve block
Day 10	L-6 Design elements for children's wear	6.3 Collars 6.3.1 Types of collars 6.3.2 Kind of Collars used for children's wear 6.12 Fabrication of collars 6.12.1 Placement of bodice for drafting collars 6.8 Necklines 6.8.1 Types of Necklines	• Sketch the different types of collars used in children's garments • Drafting and make pattern of the following: ○ Flat collar ○ Raised collar ○ Flat peter pan color ○ Raised peter pan collar ○ Cape collar ○ Bishop collar ○ Sailor collar • Sketch the different types of necklines used in children's garments	Collect pictures of different collars and necklines and paste in the practical file. Paste the patterns of collars made and record the procedure of making each in the practical file Visit nearby readymade garments stores to study the trends in: • Collars • Necklines used in children's garments	• Identifies different types of collars and neckline used in children's wear. • Drafts and makes patterns of following collars: ○ Flat collar ○ Raised collar ○ Flat peter pan color ○ Raised peter pan collar ○ Cape collar ○ Bishop collar ○ Sailor collar
Day 11	L-6 Design elements for	6.4 Waist lines 6.4.1 Types of waist	• Sketch the different types of waistlines as :	• Collect pictures of different types of	• Identifies and sketches different

	Children's Wear	lines 6.7 Skirt 6.71 Types of skirts 6.9 Pockets 6.9.1 Types of pockets	<ul style="list-style-type: none"> <li>○ High</li> <li>○ Normal</li> <li>○ Low waist line</li> <li>● Sketch the different types of skirts used in children's garments</li> <li>● Sketch the different types of pockets used in children's garments</li> </ul>	<ul style="list-style-type: none"> <li>○ Waist line</li> <li>○ Skirts</li> <li>○ pockets</li> <li>● Paste these pictures in the practical file and label each.</li> <li>● Visit the nearby readymade garments store to study the trends in: <ul style="list-style-type: none"> <li>○ Waist line</li> <li>○ Skirt</li> <li>○ Pockets used in children's garments.</li> </ul> </li> </ul>	types of : <ul style="list-style-type: none"> <li>○ Waist line</li> <li>○ Skirt</li> <li>○ Pockets used in children's garments.</li> </ul>
Day 12	L-6 Design elements for children's wear	6.5 Sleeves 6.5.1 Types of sleeves 6.13 Fabrication of sleeve 6.6 Types of Yokes 6.11 Yokes 6.11.1 Fabrication of yokes	<ul style="list-style-type: none"> <li>● Activity 6.11, 6.2, 6.3, 6.4</li> <li>● Sketch the different types of sleeves and yokes used in children's garments</li> <li>● Draft and make pattern of the following sleeves: <ul style="list-style-type: none"> <li>○ Cap sleeve</li> <li>○ Puff Sleeve</li> <li>○ Ruffle Sleeve</li> </ul> </li> <li>● Draft and make patterns of the following Yokes: <ul style="list-style-type: none"> <li>○ Straight Yoke</li> <li>○ Glass Shaped Yokes</li> <li>○ Round Yoke</li> <li>○ V- shaped Yoke</li> </ul> </li> </ul>	In text Questions 6.1, 6.2, 6.3 Terminal Questions 6.14 <ul style="list-style-type: none"> <li>● Collect pictures of different types of sleeve and yokes and paste in the practical file and labeled each.</li> <li>● Paste the patterns of sleeves and yokes make and record the procedure of making each in the file.</li> <li>● Visit nearly readymade store to study the trends in <ul style="list-style-type: none"> <li>○ Yokes</li> <li>○ Sleeves</li> <li>○ Used in children's garment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Identifies different types of sleeve and Yokes used in children's garments</li> <li>● Drafts and make patterns of sleeves and Yokes.</li> </ul>
Day 13	<b>L-7 Fabrication of garments (Infant 2 years)</b>	7.3 Fabrication of Diapers 7.4 Fabrication of Basic panty 7.5 Fabrication of Bib	Activity 7.1 Demonstration and practices of <ul style="list-style-type: none"> <li>● Drafting</li> <li>● Pattern waking</li> </ul>	In text Question 7.1, 7.2 Continue practice of <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> </ul>	Design, drafts, cuts sews and finishes the following garments: <ul style="list-style-type: none"> <li>○ Diaper</li> <li>○ Panty</li> </ul>

			<ul style="list-style-type: none"> <li>• Layout</li> <li>• Cutting stitching</li> <li>• Finishing for diaper, panty and bib</li> </ul>	<ul style="list-style-type: none"> <li>○ Cutting stitching</li> <li>○ Finishing for diaper, panty and bib.</li> </ul> <p>Paste the patterns and record the procedure in the practical file.</p>	<ul style="list-style-type: none"> <li>○ Bib</li> </ul>
Day 14	<b>L-7 Fabrication of garments (Infant 2 years)</b>	7.7 Fabrication of bloomer Fabrication of Jhabla	<p>Activity 7.3 Demonstration and practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern Making</li> <li>○ Layout</li> <li>○ Cutting</li> <li>○ Finishing for bloomer and Jhabla</li> </ul>	<p>Continue practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern Making</li> <li>○ Layout</li> <li>○ Cutting</li> <li>○ Finishing for bloomer and Jhabla</li> </ul> <p>Paste the patterns and record the procedure in the practical file.</p>	<ul style="list-style-type: none"> <li>• Designs, drafting, cuts, sews and finishes the following garments. <ul style="list-style-type: none"> <li>○ Bloomer</li> <li>○ Jhabla</li> </ul> </li> </ul>
Day 15	<b>L-7 Fabrication of garments (Infant 2 years)</b>	7.6 Fabrication of feeder 7.8 Fabrication of A-line frock	<p>Activity 7.2 Demonstration and practices of</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout, cutting stitching finishing for feeder and A-line frock</li> </ul>	<p>7.11 Terminal Questions In text Question 7.3 Continue practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout cutting stitching</li> <li>○ Finishing for feeder and A-line frock</li> </ul> <p>Paste the patterns and record the procedure in the practical file.</p>	<p>Designs, Draft, cuts, sews and finishes the following garments:</p> <ul style="list-style-type: none"> <li>○ Feeder</li> <li>○ A-Line frock</li> </ul>
Day 16	<b>L- 8 Fabrication of Garments (Girls 2-12)</b>	8.3 General Instructions 8.4 Fashion features for children's wear 8.5 Attaching sleeves	<p>Demonstration and practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> </ul>	<p>In text Question 8.1 Continues practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> </ul>	<p>Designs, Drafts, cuts sews and finishes of the following garments :</p> <ul style="list-style-type: none"> <li>- knife pleated skirt frock with flared</li> </ul>

	years)	<p>Fabrication of knife pleated skirt frock with flared sleeve and peter pan collar for 2 year old</p> <p>8.7 Fabrication of gathered skirt frock with puff sleeve and bertha collar for 8 year old</p>	<ul style="list-style-type: none"> <li>○ Finishing</li> </ul>	<ul style="list-style-type: none"> <li>○ Finishing</li> </ul> <p>Paste the patterns and record the procedure in the practical file</p>	<p>sleeve and peter pan collar for 2 year old</p> <p>- Gathered skirt frock with puff sleeve and bertha collar for 8 year old</p>
Day 17	L- 8 Fabrication of Garments (Girls 2-12 years)	<p>8.8 Fabrication of umbrella Skirt frock for 12 years old</p> <p>8.9 Fabrication of party frock with gathers and frills</p>	<p>Demonstration and practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for both the frocks</li> </ul>	<p>In text Question 8.2</p> <p>Terminal Question 8.11</p> <p>Continues practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for both the frocks</li> </ul> <p>Paste the patterns and record the procedure in the practical file</p>	<p>Designs, Drafts, cuts, sews and finishes the following garments:</p> <p>Umbrella Skirt frock for 12 years old.</p> <p>Party frock with gathers and frills.</p>
Day 18	L- 9 Fabrication of Garments (Boys 2-12 years)	<p>9.3 Fabrication of Jump suit for 12 years old</p> <p>9.4 Fabrication of Romper for 3 year old</p>	<p>Demonstration and practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for Jump suit and Romper</li> </ul>	<p>In text Question 8.2</p> <p>Terminal Question 8.11</p> <p>Continues practice of :</p> <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for both the frocks</li> </ul> <p>Paste the patterns and record the procedure in the practical file</p>	<p>Designs, Drafts, cuts, sews and finishes the following garments:</p> <ul style="list-style-type: none"> <li>○ Jump suit</li> <li>○ Romper</li> </ul>



Day 19	L- 9 Fabrication of Garments (Boys 2-12 years)	9.3 Fabrication of Shorts for 5 years old 9.4 Fabrication of shirt for 12 year old	Demonstration and practice of : <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for shorts and shirts</li> </ul>	In text Question 9.2, 9.3 <ul style="list-style-type: none"> <li>● Continues practice of: <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for shorts and shirts</li> </ul> </li> </ul> <p>Paste the patterns and record the procedure in the practical file</p>	Designs, Drafts, cuts, sews and finishes the following garments: <ul style="list-style-type: none"> <li>○ Shorts</li> <li>○ Shirt</li> </ul>
Day 20	L- 9 Fabrication of Garments (Boys 2-12 years)	9.3 Fabrication of Night Suit <ul style="list-style-type: none"> <li>● Fabrication of shirt / top</li> <li>● Fabrication of Pyjama/ Lower</li> </ul>	Demonstration and practice of : <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for Night Suit</li> <li>○ Shirts/Top</li> <li>○ Pyjama/lower</li> </ul>	9.9 Terminal Questions Continues practice of : <ul style="list-style-type: none"> <li>○ Drafting</li> <li>○ Pattern making</li> <li>○ Layout</li> <li>○ Cutting and stitching</li> <li>○ Finishing for Night Suit, Shirts/Top</li> <li>○ Pyjama/lower</li> </ul> <p>Paste the patterns and record the procedure in the practical file</p>	Designs, Drafts, cuts, sews and finishes the following garments: <ul style="list-style-type: none"> <li>○ Night suit top/shirt</li> <li>○ Night suit pyjama/ lower</li> </ul>
Day 21	<ul style="list-style-type: none"> <li>● Design three different shaped bibs for an infant</li> <li>● Draft, cut and sew these</li> <li>● Finish and decorate with appropriate trims and embroidery</li> </ul>				
Day 22	<ul style="list-style-type: none"> <li>● Draft, cut and sew on A-line frock for two year old child with graduated released takes at the neckline area. Attach cap sleeves and finish the low hem with a frill. Use standard measurements.</li> </ul>				
Day 23	<ul style="list-style-type: none"> <li>● Draft, cut and sew a shirt with sailor collar for six year old boy using standard measurements.</li> </ul>				
Day 24	<ul style="list-style-type: none"> <li>● Draft, cut and sew a Romper for a two year old child incorporating atleast three growth features.</li> </ul>				